



Run 50k in September



Saving babies' lives.
Supporting bereaved families.

M	T	W	T	F	S	S	Weekly total
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	Total:					

It all
adds up!

Halfway
there!

Keep
going!

Nearly
there!

Run 50k in September

? Frequently asked questions



Thank you for taking on Run 50k in September. We know you must be so excited to start and counting down the days until 1st September – we are too!

You may have questions about the upcoming challenge. Check out our FAQs on our website here - www.sands.org.uk/Run50kInSeptember for the answers. If your question isn't answered please email us at run@sands.org.uk.

How do I raise money?

Your online fundraising page was set up for you when you registered. Check your email inbox to find your confirmation and fundraising page link. It's really easy to share the page link with your family and friends.

Will I get a medal?

Everyone who raises £175 or more will get a limited edition medal and certificate after the challenge ends. You don't need to do anything to get this. If we need any extra details from you, we'll be in touch.
If you move house, please let us know by emailing run@sands.org.uk.

My family want to do the challenge with me. Can they have t-shirts?

No problem! Simply ask them to fill out the registration form on our website here www.sands.org.uk/Run50kInSeptember and we will send them fundraising packs and t-shirts.

Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one from here: <https://www.sands.org.uk/sponsorshipform>

Can I raise money on another online platform like JustGiving?

Yes, if you would like, you can set up a fundraising page on another online platform, we recommend JustGiving. Go to <https://www.justgiving.com/campaign/run50kseptember25>

How do I keep track of how many kilometres I've done?

Strava is a great app for tracking your challenge. The link to the Run 50k in September page is - <https://www.strava.com/clubs/run50ksept25> - Once you're home, use the tracker on the reverse of this sheet to record how many kilometres you've completed or add your distance to your online fundraising page under 'My Fitness Activity'.

Do I have to run my kilometres?

It's up to you! We think most people will run the kilometres, but if you want to complete them a different way, then go for it! Just be sure to post your progress and updates on your Fundraising page so friends and family can cheer you on and we can see how you're doing too!

Can I start late or early?

Of course! So long as you complete 50k in 30 days, it doesn't matter if you start early, late or need to miss a day. Just adapt the challenge to work best for you.

Where will my friends' money go?

Directly to us at Sands. All donations added to your page will automatically be sent to Sands. You don't need to do anything or have to worry about this. It happens automatically through your fundraising page.

Do I have to prove I've completed the challenge?

You don't need to prove you've completed the distance – we trust you! You can post videos, pictures and updates on your fundraising page though. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

How do I send you my sponsorship form?

If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at run@sands.org.uk so we claim any gift aid. If you're not able to scan or send us a clear photograph, drop us an email anyway and we can let you know where to send your form via the post.

How do I pay in my fundraising?

If you've collected offline fundraising, the easiest way to pay this to Sands is by donating on your fundraising page or on our website. You can donate via our website here: www.sands.org.uk/donate. Make sure to say that your money is for your Run 50k in September challenge so that we can make sure it is added to your total.